

Spinach Rice Salad

Makes: 4 Servings

Ingredients

1/2 cup Italian dressing (reduced fat, unsalted)
3 teaspoons soy sauce (reduced sodium)
1/2 teaspoon sugar
3 cups cooked brown rice
2/3 cup fresh spinach (washed and cut into thin strips)
2/3 cup sliced celery
1/2 cup thinly sliced green onion (including tops)
bacon bits (optional)

Directions

1. Combine dressing, soy sauce, and sugar. Stir into chilled rice.
2. Cover and chill salad.
3. Add celery, onion, and spinach before serving.
4. Shake on bacon bits if desired.

University of Connecticut. CT SNAP-Ed.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	228	
Total Fat	7 g	11%
Protein	5 g	
Carbohydrates	38 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	563 mg	23%

MyPlate Food Groups

Vegetables	1/2 cup
Grains	1 1/2 ounces